

# PARENTAL CONSENT FOR SPORTS PARTICIPATION

I hereby give my consent for the below mentioned student to represent his/her school in athletic activities indicated above. I consent for the student to undergo the pre-participation medical examination by the physicians and medical assistants recommended by The Westfield School, and agree to abide with their recommendations regarding participation in these events. I also give my consent for the student to accompany the school team on local or out of town trips. I also give my consent for the school personnel to call for assistance and/or take my child to a doctor/emergency room if treatment appears to be needed.

By signing this form, the parents understand that the risk of injury is assumed by the student and parents. However, in the event of injury, certified athletic trainers, physicians, physical therapist, nurses, or others trained in rendering of first aid are available as volunteers or otherwise, and render first aid to any student injured during the course of any such activities or travel, then parents do hereby release and forever discharge such persons as The Westfield School form any liability arising out of any first aid or immediate treatment of injuries.

Student Name:	
Insurance Company:	
-	
Policy Number:	
Group Number:	
Parent/Guardian Signature:	
Date:	
Date.	

# **Athlete Emergency Information**

	(Please print except for s	ignatures)	School_	
Student	Year		Date of Birth	
Parent/Guardian (father)				
Home phone				
Home phone				
Athlete's home address				
City Zip Cod		h: (moth	er) (father) (other)	
			(circle)	
PRIVATE (PRIMARY) INSURANCE				
Ins. Co. Name	Pre-auth	orization	phone #	
Insurance Company Address	C	ity	State	Zip Code
Name of insured				
Contract/Policy#	Group #		0	ther #
My son/daughter is covered by the above	ve insurance policy: Yes	No	: Effective dat	e:
Known Allergies (drug, food, insect, etc.)	)			
Special Medical Problems				
Medications (inhaler, insulin, etc.)				
Parent Guardian	Consent to Treatment	of Stud	(Initial) ent Athletes	
I,	, the undersigned paren	t/guardia	n of	
(Parent/Guardian)			(Name	of student)
a minor, do hereby authorize the Athletic				
treatment deemed necessary by any lice minor.	ensed physician/surgeon	in the eve	ent of illness or inju	ry to the above named
This consent to treat is intended to cover competition or practice, on or off campu				any school athletic
If, in the judgment of any representative treatment as a result of any injury or sick treatment as may be given to said studer representative; and I do hereby agree to from any claim by any person whomsoev authorize any hospital, which has provid student to the athletic trainer or school of the student to the athletic trainer or school of the student to the athletic trainer or school of the student to the athletic trainer or school of the student to th	kness, I do hereby reque: nt by any physician, athle indemnify and save har ver on account of such ca ed treatment to the abo	st, authoretic trained mless the are and trained we named	ize, and consent to er, nurse, hospital, c eschool, and any scl eatment of said stu l student to surrence	such care and or school hool representative dent. I hereby
Parent/Guardian Signature			Date	



# GEORGIA INDEPENDENT ATHLETIC ASSOCIATION STUDENT / PARENT CONCUSSION AWARENESS FORM

### DANGERS OF CONCUSSION

Concussions at all levels of sports have received a great deal of attention and a State Law has been passed to address this issue. Adolescent athletes are particularly vulnerable to the effects of concussion. Once considered little more than a minor "ding" to the head it is now understood that a concussion has the potential to result in death, or changes in brain function (either short-term or long term). A concussion is a brain injury that results in a temporary disruption of normal brain function. A concussion occurs when the brain is violently rocked back and forth or twisted inside the skull as a result of a blow to the head or body. Continued participation in any sport following a concussion can lead to worsening concussion symptoms, as well as increased risk for further injury to the brain, and even death.

Player and parental education in this area is crucial – that is the reason for this document. Refer to it regularly. This form must be signed by a parent or guardian of each student who wishes to participate in GIAA Athletics. One copy needs to be returned to the school, and one retained at home.

### COMMON SIGNS AND SYMPTOMS OF CONCUSSION

- Headache, dizziness, poor balance, moves clumsily, reduced energy level / tiredness.
- Nausea or vomiting.
- Blurred vision, sensitivity to light and sounds.
- Fogginess of memory, difficulty concentrating, slowed thought processes, confused about surroundings or game assignments.
- Unexplained changes in behavior and personality.
- Loss of consciousness (NOTE: This does not occur in all concussion episodes.)

**GIAA Concussion Policy**: If a Coach observes a Student-Athlete exhibit any sign, symptom, or behavior consistent with a concussion or head injury, the Coach must immediately remove that Student-Athlete from practice, conditioning, or game. The Student-Athlete may not return to practice, conditioning, or game until a Health Care Provider has determined that the Student-Athlete has not suffered a concussion. In the case where a Health Care Provider has determined that the Student-Athlete has suffered a concussion, the Student-Athlete may not resume practice, conditioning, or participation in games until medically determined capable of doing so for full or graduated return. In no circumstance may a Student-Athlete return to practice, conditioning, or a game on the same day that a concussion has been diagnosed by a Health Care Provider or cannot be ruled out

By signing this Concussion Awareness Form, we give permission to the school to transfer this Form to all sports that this child may play. We are aware of the dangers of concussions and this signed Form will represent myself and this child during the current school year \_\_\_\_\_\_. This form will be stored with the Athlete's Physical Form and any other accompanying forms required by the Georgia Independent Athletic Association (GIAA).

## WE HAVE READ THIS FORM AND UNDERSTAND THE FACTS REPRESENTED IN IT.

SCHOOL NAME:		
STUDENT'S NAME:	(PRINTED)	STUDENT'S SIGNATURE:
PARENT'S NAME:	(PRINTED)	PARENT'S SIGNATURE:
	DATE SIGNED:	



# GEORGIA INDEPENDENT ATHLETIC ASSOCIATION STUDENT / PARENT SUDDEN CARDIAC ARREST AWARENESS FORM

### LEARN THE EARLY WARNING SIGNS

If you or your child has had one or more of these signs, see your primary care physician:

- Fainting suddenly and without warning, especially during exercise or in response to loud sounds like doorbells, alarm clocks, or ringing phones.
- Unusual chest pain or shortness of breath during exercise.
- Family members who had sudden, unexplained and unexpected death before age 50.
- Family members who have been diagnosed with a condition that can cause sudden cardiac death, such as hypertrophic cardiomyopathy (HCM) or Long QT syndrome.
- A seizure suddenly and without warning, especially during exercise or in response to loud sounds like doorbells, alarm clocks, or ringing phones.

## LEARN TO RECOGNIZE SUDDEN CARDIAC ARREST

If you see someone collapse, assume they have experienced sudden cardiac arrest and respond quickly. This victim will be unresponsive, gasping or not breathing normally, and may have some jerking (seizure-like activity). Call for help and start CPR. You <u>cannot</u> hurt them.

### LEARN HANDS-ON CPR

Effective CPR saves lives by circulating blood to the brain and other vital organs until rescue teams arrive. It is one of the most important life skills you can learn – and it is easier than ever.

- Call 911 (or ask bystanders to call 911 and get an AED).
- Push hard and fast in the center of the chest. Kneel at the victim's side, place your hands on the lower half of the breastbone, one on top of the other, elbows straight and locked.
   Push down 2 inches, then up 2 inches, at a rate of 100 times/minute, to the beat of the song "Stayin' Alive."
- If an Automated External Defibrillator (AED) is available, open it and follow the voice prompts. It will lead you step-by-step through the process, and will never shock a victim that does not need a shock.

By signing this Sudden Cardiac Arrest Form, we give permission to the school to transfer this
Form to all sports that this child may play. We are aware of the dangers of sudden cardiac
arrest and this signed Sudden Cardiac Arrest Form will represent myself and this child during
the current school year, This form will be stored with the Athlete's Physical Forn
and any other accompanying forms required by the Georgia Independent Athletic Association
(GIAA).

### WE HAVE READ THIS FORM AND UNDERSTAND THE FACTS REPRESENTED IN IT.

SCHOOL NAME:		
STUDENT'S NAME:	(PRINTED)	STUDENT'S SIGNATURE:
PARENT'S NAME:	(PRINTED)	PARENT'S SIGNATURE:
	DATE SIGNED:	



# GEORGIA INDEPENDENT ATHLETIC ASSOCIATION HEAT POLICY AWARENESS FORM

#### **Definitions:**

- A. "Practice" means the period of time that a student engages in coach-supervised, school-approved preparation for sport whether indoors or outdoors, including Acclimation Activities, conditioning, weight training, distance running, and scrimmages, but not including a Walk Through.
- B. "Walk Through" means the period of time, not exceeding one hour per day, that a student engages in coach-supervised, school-approved sessions, whether indoors or outdoors, to work on formations, schemes, and techniques without physical contact. No protective equipment is worn during a Walk Through. No conditioning activities are held during a Walk Through may not be held on a day when two practices are being held.
- C. "Acclimation Activities" in football means practicing in shorts, shoulder pads, and helmets for five consecutive weekdays prior to practicing in full pads. No contact will be allowed during this period. Starting Date for Acclimation is July 25.
- D. "WBGT" stands for the Wet Bulb Globe Temperature reading, which is a composite temperature used to estimate the effect of air temperature, humidity, and solar radiation on the human body, expressed in degrees. It is not equated with the "Heat Index."

**Policy:** All Member Schools will utilize at each Practice a scientifically approved instrument that measures WBGT. At the following WBGT readings the corresponding activity, hydration, and rest break guidelines apply:

#### Under 82.0

Normal activities. Provide at least three separate rest breaks each hour of a minimum duration of 3 minutes each during Practice.

#### 82.0 - 86.9

Use discretion for intense or prolonged exercise. Watch at-risk students carefully. Provide at least three separate rest breaks each hour of a minimum of four-minute duration each during Practice.

#### 87.0 - 89.9

Maximum outdoor Practice time is two hours. For football, students are restricted to helmets, shoulder pads, and shorts during Practice. All protective equipment must be removed for conditioning activities. For all sports, provide at least four separate rest breaks each hour of a minimum of four minutes each during Practice.

#### 90.0 - 92.0

Maximum outdoor Practice time is one hour. No protective equipment may be worn during outdoor Practice and there may be no outdoor conditioning activities. There must be twenty minutes of rest breaks provided during the hour of outdoor Practice.

#### Over 92

No outdoor activities or exercise. Delay outdoor Practice until a lower WBGT reading occurs.

The following guidelines apply to hydration and rest breaks:

- Rest time should involve both unlimited hydrations (water or electrolyte drinks) and rest without any activity involved.
- For football, helmets should be removed during rest time.
- The site of the rest time should be a cooling zone not in direct sunlight, such as indoors, under a tent, or under a shade tree.
- When the WBGT is over 86, ice towels and spray bottles filled with ice water should be available in the cooling zone and cold immersion tubs will be available for a student showing signs of heat illness. A cold immersion tub may be anything, including a shower or wading pool that can be adapted to immerse a student in cold water and ice which is available within two-minutes travel from an outdoor Practice facility.

The following guidelines apply to Practice:

- All Member Schools must hold Acclimation Activities.
- No two-a-day Practices may exceed four hours for both sessions; no single Practice during two-a-days may exceed two hours. A three-hour rest period must be observed between the two sessions.
- · No single Practice may last more than three hours.

Restrictions based on outdoor WBGT readings do not apply to indoor Practice where indoor air temperature is 85 degrees or less.

#### Penaltie:

Member Schools violating this policy will be fined a minimum of \$500 and a maximum of \$1,000 for the first offense. A Member School may be removed from membership for repeat violations.

By signing this Heat Policy Form, we give permission to the school to transfer this Form to all sports that this child may play. We are aware of the dangers of heat and this signed Form will represent myself and this child during the current school year \_\_\_\_\_\_\_. This form will be stored with the Athlete's Physical Form and any other accompanying forms required by the Georgia Independent Athletic Association (GIAA).

SCHOOL:		
ATHLETIC DIRECTOR'S SIGNATURE:	DATE:	
STUDENT ATHLETE'S SIGNATURE:	DATE:	
PARENT'S SIGNATURE:	DATE:	

# ■ PREPARTICIPATION PHYSICAL EVALUATION

# **HISTORY FORM**

Note: Complete and sign this form (with your parer								
Date of examination:	Sr	Sport(s):						
Date of examination: Sport(s): Sex assigned at birth (F, M, or intersex): How do you identify your gender? (F, M, or other):								
List past and current medical conditions.								
Have you ever had surgery? If yes, list all past surg	jical procedur	res						
Medicines and supplements: List all current prescr	iptions, over-	-the-counter medicines, and supplements (herbal and nutritional).						
Do you have any allergies? If yes, please list all yo	our allergies (	(ie, medicines, pollens, food, stinging insects).						
-								
	Not a							
Feeling nervous, anxious, or on edge	□0							
Not being able to stop or control worrying	∐°							
Little interest or pleasure in doing things								
Feeling down, depressed, or hopeless	0							
(A sum of ≥3 is considered positive on eline	r subscale [qu	uestions 1 and 2, or questions 3 and 4] for screening purposes.)						
GENERAL QUESTIONS (Explain "Yes" answers at the end of this form.	15 50	HEART HEALTH QUESTIONS ABOUT YOU (CONTINUED) Yes No						
Circle questions if you don't know the answer.)      Do you have any concerns that you would like to discuss with your provider?	Yes No	9. Do you get light-headed or feel shorter of breath than your friends during exercise?						
2. Has a provider ever denied or restricted your		10. Have you ever had a seizure?						
participation in sports for any reason?		HEART HEALTH QUESTIONS ABOUT YOUR FAMILY Yes No						
Do you have any ongoing medical issues or recent illness?		11. Has any family member or relative died of heart problems or had an unexpected or unexplained						
HEART HEALTH QUESTIONS ABOUT YOU      Have you ever passed out or nearly passed out	Yes No	sudden death before age 35 years (including drowning or unexplained car crash)?						
during or after exercise?  5. Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise?		12. Does anyone in your family have a genetic heart problem such as hypertrophic cardiomyopathy (HCM), Marfan syndrome, arrhythmogenic right						
Does your heart ever race, flutter in your chest,     or skip beats (irregular beats) during exercise?		ventricular cardiomyopathy (ARVC), long QT syndrome (LQTS), short QT syndrome (SQTS),						
7. Has a doctor ever told you that you have any heart problems?		Brugada syndrome, or catecholaminergic poly- morphic ventricular tachycardia (CPVT)?						
Has a doctor ever requested a test for your heart? For example, electrocardiography (ECG) or echocardiography.		13. Has anyone in your family had a pacemaker or an implanted defibrillator before age 35?						

BON	NE AND JOINT QUESTIONS	Yes	No	MEDICAL QUESTIONS (CONTINUED)	Yes	N	0
	Have you ever had a stress fracture or an injury			25. Do you worry about your weight?			
	to a bone, muscle, ligament, joint, or tendon that caused you to miss a practice or game?	Ш	Ш	26. Are you trying to or has anyone recommended that you gain or lose weight?			
15.	Do you have a bone, muscle, ligament, or joint injury that bothers you?			27. Are you on a special diet or do you avoid certain types of foods or food groups?			
	PICAL QUESTIONS	Yes	No	28. Have you ever had an eating disorder?		ĪΞ	_
16.	Do you cough, wheeze, or have difficulty breathing during or after exercise?			FEMALES ONLY  29. Have you ever had a menstrual period?	Yes	N	0
1 <i>7</i> .	Are you missing a kidney, an eye, a testicle (males), your spleen, or any other organ?			30. How old were you when you had your first menstrual period?			_
18.	Do you have groin or testicle pain or a painful bulge or hernia in the groin area?			31. When was your most recent menstrual period?			
19.	Do you have any recurring skin rashes or			32. How many periods have you had in the past 12 months?			
	rashes that come and go, including herpes or methicillin-resistant <i>Staphylococcus aureus</i> (MRSA)?			Explain "Yes" answers here.			
20.	Have you had a concussion or head injury that caused confusion, a prolonged headache, or memory problems?						
21.	Have you ever had numbness, had tingling, had weakness in your arms or legs, or been unable to move your arms or legs after being hit or falling?						
22.	Have you ever become ill while exercising in the heat?						
23.	Do you or does someone in your family have sickle cell trait or disease?						
24.	Have you ever had or do you have any prob- lems with your eyes or vision?						_
and				answers to the questions on this form are c	ompl	ete	
iignal	ure of parent or guardian:						_
)ate:							

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# PREPARTICIPATION PHYSICAL EVALUATION PHYSICAL EXAMINATION FORM

Signature of health care professional: \_

Name:	Do	ate of birth	:		
PHYSICIAN REMINDERS  1. Consider additional questions on more-sensitive issues.  • Do you feel stressed out or under a lot of pressure?  • Do you ever feel sad, hopeless, depressed, or anxious?  • Do you feel safe at your home or residence?  • Have you ever tried cigarettes, e-cigarettes, chewing tobacco, snuff, or dip?  • During the past 30 days, did you use chewing tobacco, snuff, or dip?  • Do you drink alcohol or use any other drugs?  • Have you ever taken anabolic steroids or used any other performance-enh.  • Have you ever taken any supplements to help you gain or lose weight or in.  • Do you wear a seat belt, use a helmet, and use condoms?  2. Consider reviewing questions on cardiovascular symptoms (Q4–Q13 of History).	ië ancing supplemer nprove your perfo	nt?			
EXAMINATION	100	PAT 2	11 1		
Height: Weight:					
BP: / ( / ) Pulse: Vision: R 20/	L 20/	Correcte	d: 🔲	ΥC	N
MEDICAL	Chi replant		NORM	AL	ABNORMAL FINDINGS
Appearance  Marfan stigmata (kyphoscoliosis, high-arched palate, pectus excavatum, arach myopia, mitral valve prolapse [MVP], and aortic insufficiency)	nnodactyly, hyperl				
Eyes, ears, nose, and throat  Pupils equal  Hearing					
Lymph nodes					
Heart <sup>a</sup> • Murmurs (auscultation standing, auscultation supine, and ± Valsalva maneuve	-)				
Lungs					
Abdomen					
Skin  Herpes simplex virus (HSV), lesions suggestive of methicillin-resistant Staphyloc tinea corporis	coccus aureus (MR	SA), or			
Neurological					
MUSCULOSKELETAL		1	NORM	4L	ABNORMAL FINDINGS
Neck					
Back					
Shoulder and arm					
Elbow and forearm					
Wrist, hand, and fingers					
Hip and thigh					
Knee					
Leg and ankle					
Foot and toes					
Functional  Double-leg squat test, single-leg squat test, and box drop or step drop test					
<ul> <li>Consider electrocardiography (ECG), echocardiography, referral to a cardiologist nation of those.</li> </ul>	for abnormal car	diac history	or exa	mino	ation findings, or a combi-
Name of health care professional (print or type):				Date	e:
Address:		Pho	ne:		<u> </u>

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\_\_\_ MD, DO, NP, or PA

## PREPARTICIPATION PHYSICAL EVALUATION

Emergency contacts:

# MEDICAL ELIGIBILITY FORM Date of birth: \_\_\_\_\_ Name: Medically eligible for all sports without restriction Medically eligible for all sports without restriction with recommendations for further evaluation or treatment of ☐ Medically eligible for certain sports ☐ Not medically eligible pending further evaluation ■ Not medically eligible for any sports Recommendations: I have examined the student named on this form and completed the preparticipation physical evaluation. The athlete does not have apparent clinical contraindications to practice and can participate in the sport(s) as outlined on this form. A copy of the physical examination findings are on record in my office and can be made available to the school at the request of the parents. If conditions arise after the athlete has been cleared for participation, the physician may rescind the medical eligibility until the problem is resolved and the potential consequences are completely explained to the athlete (and parents or guardians). Address: \_\_\_\_\_\_ Phone: \_\_\_\_\_ Signature of health care professional: \_\_\_\_, MD, DO, NP, or PA SHARED EMERGENCY INFORMATION Medications: Other information:

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